



1130 N Allumbaugh Street
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*A Tradition of
Excellence in Boise*

Find us on

Garden Plaza of Valley View

"Continuum of Care Campus"

Enjoy Independent Living, Assisted Living, Skilled Nursing and Rehabilitation at its best at Garden Plaza of Valley View, The Bridge at Valley View and Valley View Nursing and Rehabilitation. Our community encourages seniors to live their retirement years actively and independently. Retirement Living at Garden Plaza allows seniors to live carefree lifestyles—because we take care of the details! We are committed to creating a place you will love to call home!

Management Team

Eddie Johnson General Mgr
Jaimie Cox Business Office
Jennifer Kavulich Dining Svs
Frank Dowd Maintenance
Sherrie Hix Recreation
Melanie Eames Sales
Pam Dillman Sales



Important Numbers

Front Desk 208-322-0311
Beauty Shop 208-327-1178
Business Office 208-327-1023
Dining Room 208-327-1054
Emergency 911
Physical Therapy 208-854-8502
Recreation 208-327-1025

Office Hours

Monday-Friday 8 am - 4:30 pm
Front Desk Available 24/7



October Greetings

October is here! I'm looking forward to a month of Fall weather and fun festivities. Check the calendar for our daily activities and special events, and plan to join us for a good time! It's a joy to have you here, and feel free to stop by my office or call me anytime with questions or comments. ~ Sherrie Hix

It's Oktoberfest Time!

We're rolling out the fun at our Oktoberfest party! Don your dirndl or lederhosen, or just come as you are, and celebrate the season with tasty treats and lively music with the Edelweiss Band on October 2nd at 6 pm in the bar area.

Door Decorating Contest

Our residents always add a splash of seasonal décor to their living space, and we're holding a contest to find the best Spook-tacular decorated doors. So get creative! We'll announce the winners & hand out \$\$\$ at our Monster Mash Bash. See Sherrie Hix for more information.

Book Buddies

October is National Reading Group Month, and with winter approaching, it's a great time to join our book club. Reading groups provide a wonderful opportunity to engage with fellow book lovers and share good conversation.

2024 Empty Bowls

The annual Empty Bowls fundraiser to support the Idaho Food Bank kicks off this month in our community -- just in time for the holiday season. Come to our ceramics class and hand-paint a soup bowl for charity.

Do the Monster Mash

Boo! We're scaring up some fun for residents this month with our Halloween costume party! Plan to join us on Thursday, October 31st at 3:30 in the bar area for tricks and treats—oh, and prizes for the best costumes. Keep your eyes and ears open for more details.

Candy Donations

We're collecting candy to hand out to trick-or-treaters during our Family & Friends Halloween Trick-or-Treat day on Saturday, October 26th. If you'd like to contribute, please see Sherrie Hix, Recreation Director. Thank you for your generosity!

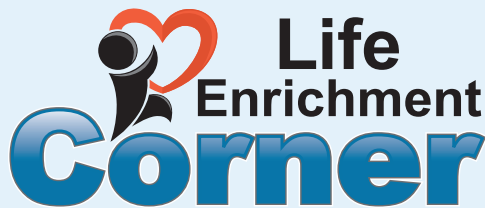
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>hello October</div>		<div>1</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Community Meeting-fm</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:00 <div>L</div> Walking Club</div> <div>2:00 <div>L</div> Balance Exercise Class</div> <div>3:15 <div>BA</div> Quarter Bingo- fm</div> <div>6:30 Trivia Game Night</div>	<div>2</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:45 Worship Service</div> <div>1:30 <div>CL</div> VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm</div> <div>2:00 Ceramic-Empty Bowl Fundraiser</div> <div>2:00 Creative Writing Chat-fm</div> <div>3:00 Art Class with Mary Jussel</div> <div>6:00 <div>BA</div> Oktoberfest! Edelweiss Band</div>	<div>3</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Shop Fred Meyer</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> Blackjack "21"- fm</div> <div>1:30 Tour the Town</div> <div>6:30 <div>BA</div> Gospel Singers</div>	<div>4</div> <div>9:00 Walk the Park- fm</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Shop ... Albertsons</div> <div>1:30 Shop ... Winco</div> <div>2:00 UNO Card Game-fm</div> <div>3:15 <div>BA</div> Quarter Bingo- fm</div>	<div>5</div> <div>BSU vs Utah...Time TBA</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 Stretch Class- fm</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> L-C-R Dice Game</div> <div>6:30 Ladies' Game Night</div>
<div>6</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 Catholic Service</div> <div>2:00 Movie & Popcorn</div> <div>2:00 Quiddler</div>	<div>7</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm</div> <div>2:30 Sorting Jewelry ... Youth Ranch</div> <div>3:30 <div>CL</div> L-C-R Dice Game- fm</div>	<div>8</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Book Club</div> <div>12:30 <div>L</div> Bookmobile & Tech Support</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:00 <div>L</div> Walking Club</div> <div>2:00 <div>L</div> Balance Exercise Class</div> <div>3:15 <div>BA</div> Quarter Bingo- fm</div> <div>6:30 Trivia Game Night</div>	<div>9</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:45 Worship Service</div> <div>1:30 <div>CL</div> VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm</div> <div>2:00 Ceramic-Empty Bowl Fundraiser</div> <div>2:00 Creative Writing Chat-fm</div> <div>3:00 Team Jeopardy- fm</div> <div>5:00 <div>L</div> Art Show & Sale... Meet the Artist</div>	<div>10</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Shop Fred Meyer</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> Blackjack "21"- fm</div> <div>1:30 Tour the Town</div> <div>3:30 <div>BA</div> Happy Hour</div> <div>6:30 <div>BA</div> Sing-Along With Barb</div>	<div>11</div> <div>9:00 Walk the Park- fm</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Shop ... Albertsons</div> <div>11:30 Lunch Out! \$</div> <div>1:30 Shop ... Walmart</div> <div>2:00 UNO Card Game-fm</div> <div>3:15 <div>BA</div> Quarter Bingo- fm</div>	<div>12</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 Stretch Class- fm</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> L-C-R Dice Game</div> <div>6:30 Ladies' Game Night</div> <div>9:00 BSU @ Hawaii</div>
<div>13</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 Catholic Service</div> <div>2:00 Movie & Popcorn</div> <div>2:00 Quiddler</div>	<div>14</div> <div>Columbus Day</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm</div> <div>2:00 Parkinson's Support Group</div> <div>2:30 Disneyland Jazz-Rob Verdi</div> <div>3:30 <div>CL</div> L-C-R Dice Game- fm</div>	<div>15</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Book Club</div> <div>10:30 Veterans Coffee Social</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:00 <div>L</div> Walking Club</div> <div>2:00 <div>L</div> Balance Exercise Class</div> <div>3:15 <div>BA</div> Quarter Bingo- fm</div> <div>6:30 Trivia Game Night</div>	<div>16</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:45 Worship Service</div> <div>1:30 <div>CL</div> VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm</div> <div>2:00 Ceramic-Empty Bowl Fundraiser</div> <div>2:00 Creative Writing Chat-fm</div> <div>3:00 Team Jeopardy- fm</div>	<div>17</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Shop Fred Meyer</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> Blackjack "21"- fm</div> <div>1:30 Tour the Town</div> <div>3:30 <div>BA</div> New Resident Meet & Greet</div>	<div>18</div> <div>9:00 Walk the Park- fm</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Shop ... Albertsons</div> <div>11:00 BVA Meeting</div> <div>1:30 Shop ... Dollar Store</div> <div>2:00 UNO Card Game-fm</div> <div>3:15 <div>BA</div> Quarter Bingo- fm</div>	<div>19</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 Stretch Class- fm</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> L-C-R Dice Game</div> <div>6:30 Ladies' Game Night</div>
<div>20</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 Catholic Service</div> <div>2:00 Movie & Popcorn</div> <div>2:00 Quiddler</div>	<div>21</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm</div> <div>2:00 Catholic Mass</div> <div>2:30 Sorting Jewelry ... Youth Ranch</div> <div>3:30 <div>CL</div> L-C-R Dice Game- fm</div>	<div>22</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>11:00 Activity Planning Meeting</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:00 <div>L</div> Walking Club</div> <div>2:00 <div>L</div> Balance Exercise Class</div> <div>3:15 <div>BA</div> Quarter Bingo- fm</div> <div>6:30 Trivia Game Night</div>	<div>23</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:45 Worship Service</div> <div>1:30 <div>CL</div> VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm</div> <div>2:00 Ceramic-Empty Bowl Fundraiser</div> <div>2:00 Creative Writing Chat-fm</div> <div>3:00 Team Jeopardy- fm</div>	<div>24</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Shop Fred Meyer</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> Blackjack "21"- fm</div> <div>1:30 Tour the Town</div> <div>3:30 <div>BA</div> Happy Hour</div> <div>6:30 <div>BA</div> Sing-Along With Barb</div>	<div>25</div> <div>9:00 Walk the Park- fm</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Shop ... Albertsons</div> <div>1:30 Shop ... Thrift Store</div> <div>2:00 UNO Card Game-fm</div> <div>3:00 <div>BA</div> Resident Birthday Bash</div> <div>8:30 BSU @ UNLV</div>	<div>26</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 Stretch Class- fm</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> L-C-R Dice Game</div> <div>2:00 <div>L</div> Kids Trick-or-Treat</div> <div>6:30 Ladies' Game Night</div>
<div>27</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 Catholic Service</div> <div>2:00 Movie & Popcorn</div> <div>2:00 Quiddler</div>	<div>28</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm</div> <div>2:30 Craft Class-fm</div> <div>3:30 <div>CL</div> L-C-R Dice Game- fm</div>	<div>29</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>11:00 Food Committee- fm</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:00 <div>L</div> Walking Club</div> <div>2:00 <div>L</div> Balance Exercise Class</div> <div>3:15 <div>BA</div> Quarter Bingo- fm</div> <div>6:30 Trivia Game Night</div>	<div>30</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:45 Worship Service</div> <div>1:30 <div>CL</div> VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm</div> <div>2:00 Ceramic-Empty Bowl Fundraiser</div> <div>2:00 Creative Writing Chat-fm</div> <div>3:00 Team Jeopardy- fm</div>	<div>31</div> <div>Happy Halloween</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance-fm</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Shop Fred Meyer</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> Blackjack "21"- fm</div> <div>1:30 Tour the Town</div> <div>3:30 <div>BA</div> Monster Mash Bash</div>		



Happy Birthday!

Happy birthday to all our residents celebrating birthdays this month! The world is a better place because you're here. We think you're great for our community, too! Have a wonderful day.

4th	Janet Fries
13th	Rosalee Wigle
14th	Dorris Martin
16th	Betty Smith
17th	Jim Inlow
23rd	Diane Bertsch
26th	Margaret Kvidahl
27th	Peter Denton
27th	Neil Windom
29th	Beverly Blevins
30th	Jim Addington



'Trick or Treat!'

We've asked the mini ghosts and goblins from our area to join us for a truly bewitching trick-or-treat. Now, we invite you, our residents, to join the fun by donning your most ghoulish attire. We'll have plenty of treats available for you to hand-out to all the witches and wizards who may sweep through our community on Saturday, 26th at 2 pm outside the front portico.



Laugh Lines: 'Pumpkin' To Talk About

Have a "gourd" time with these pumpkin jokes!

Q: What do you call a pretty pumpkin?

A: Gourd-geous.

Q: What's a pumpkin's favorite sport?

A: Squash.

Q: What do pumpkins eat at the movies?

A: Pulp-corn.

Q: What did the pumpkin say to the pumpkin carver?

A: "Cut it out!"

Q: Why was the jack-o'-lantern afraid to cross the road?

A: Because it had no guts!

Q: How do you mend a broken jack-o'-lantern?

A: With a pumpkin patch.

Q: When is a pumpkin not a pumpkin?

A: When you drop it—then it's a squash.

A Pun-derful Season

Hay, there! Orange you glad it's autumn? Fall weather is unbe-leaf-able. It's really a-maizing. (If you don't like sappy puns, you better leaf right now!) At this time of year, pumpkins start piling up all around. They look so patch-ure perfect and are pie-ticularly tasty and filling. You'll also notice a latte drinks and foods flavored with pumpkin spice. Don't even chai to escape it. It really strikes a gourd with people. Whatever you love about the season, carve out some fun and give 'em pumpkin to talk about.

Tips To Prevent Falls

The cooler months provide a refreshing break to get out and about, but fallen leaves, wet surfaces and other hazards can raise the risk of falling. These tips can help you stay safe.

Wear appropriate shoes.

Properly fitting, sturdy footwear with nonskid soles will provide good traction in all types of weather.

Dress warmly. When you are cold, your muscles tense up, which can affect your balance. Wearing warm layers during cool weather can relax your muscles, keeping you steady.

Pay attention. When walking, focus on the path ahead and look for any obstacles or slippery surfaces. Scan the surroundings using your eyes only; moving your head to look down or around may throw off your balance.

Use assistive devices. Handrails, walkers and canes are designed to keep you safe, so use them whenever possible.

Keep your hands free. Carrying bags or packages can cause unsteadiness. Try to keep your load light, or ask for assistance.

Take care around vehicles. When getting in and out of a car or bus, take it slow and make sure your footing is secure before moving. Hold on to the vehicle for extra support.

Wipe your feet. Leaves, mud, ice and snow can stick to the bottoms of your shoes and get tracked indoors. Wipe your feet at the door to clean the soles and prevent slipping inside your home.

